



# **CONSUMER HEALTH WEB SITES**

**Version 6.0**

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on behalf of the**

**CONSUMER HEALTH LIBRARY PANEL  
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## INTRODUCTION

There have been many efforts made to evaluate web sites and you may ask, "Why compile another list?" There are a number of reasons to do this---

First, we felt it was most helpful if the list was arranged by subject and that for each subject a single best site (or maybe two) was chosen. This eliminates unnecessary searching from site to site for accurate information.

Second, we investigated sites that VA librarians had specifically recommended. They have stood the test of reliability by our colleagues and they are focused on the unique needs of our veteran patients.

Third, we applied a number of criteria to the review and evaluation process for each site to try to guarantee the best sites possible were selected for inclusion in the list. These criteria are:

- names of the individuals responsible for the content are listed with their credentials as well as any sponsoring agencies,
- links included on the page are all to other reliable sites
- contact information is included
- information is balanced and based on reliable data
- the site domain is an indication of reliability (i.e. .gov, .edu, .org)
- the appearance of the site is attractive and easy to use; layout, font size and use of color add to the site's readability
- information on the site is easy find and the site is easy to navigate
- if there is any advertising it is kept to a minimum and is clearly separate from the information on the site; there are not 'pop-up' web sites
- the date when the site was last update is clearly indicated
- all links are current and 'live'
- there are no financial costs or charges for accessing the site
- no special software is required to view the site
- higher level features are kept to a minimum such as java, frames, animation, or used only when necessary
- a clearly identified Privacy Statement is included on the site
- the purpose of the site is stated
- the site is fully 'web accessible'
- there is a searching capability or a site map
- help features are available

Fourth, each site was meticulously reviewed and annotated so the user knows in advance what the features of each site have to offer.

This document is only as good as its last review. To maintain its usefulness, the Consumer Health Library Panel will review the document annually and make changes as needed. Similarly, continuing assessment of new sites to consider adding will be done to assure that each subject area remains current and meaningful.

## General Health Web Sites

### MedlinePlus

<http://medlineplus.gov>

National Library of Medicine web site provides quality consumer health information. It includes:

- **Health Topics:** over 750 topics in an A-Z arrangement, on conditions, diseases, and wellness.
- **Drug Information:** Information on thousands of prescription and over-the counter medications, including herbals and supplements.
- **Medical Encyclopedia:** The A.D.A.M. Medical Encyclopedia includes over 4,000 articles about diseases, tests, symptoms, injuries and surgeries and also includes an extensive library of medical photographs and illustrations.
- **Interactive tutorials:** over 165 slideshows with sound and pictures.
- **Videos of surgical procedures.**
- **Information specific to senior health.**
- **Merriam-Webster Medical Dictionary**
- **News:** health news from the past 30 days. You can sign up for regular e-mail notification of new information weekly or as it is posted.
- **ClinicalTrials.gov:** provides information about clinical research studies.
- **Go Local Service:** a service for finding local health-related resources.
- **Directories:** includes directories for doctors, dentists and other health care providers as well as hospitals, clinics and health science libraries.
- **Other resources,** including a collection of organizations providing health information, consumer health libraries, government health sites from other nations and a link to MEDLINE/PubMed, the National Library of Medicine's database of references to over 16 million articles.
- **Spanish** version is also available at this site.
- **Easy-to-read handouts** are also available at this site.

### My HealtheVet

[www.myhealth.va.gov](http://www.myhealth.va.gov)

My HealtheVet, launched in November 2003, is a VHA web site created for veterans, their families, and VA employees. It provides one-stop shopping for VA benefits, healthcare information, online prescription refill ordering, special programs, online tutorial, health maintenance logs and other services. There is a registration process with in-person authentication involved to gain full access to all the features and to protect veterans' privacy. Once logged in, veterans can access many features. Future enhancements include viewing appointments and co-pay balances.

Information at the site *without registering* includes:

- **The Research Health** section where you can get health information, research a topic, and learn more about your health.
- **MyHealtheVet Community** provides all kinds of information about the veteran community. There are links to news and events, VA benefits, information on volunteering and a special veteran tribute.

Information at the site *after registering* includes:

- **Ordering VA prescription refills** electronically.

- **The Personal Health Journal** provides features that can help you track your own personal health information including blood pressure, blood sugar, cholesterol, weight, diet, immunizations, medications, military health history and medical tests.

## Healthfinder

[www.healthfinder.gov](http://www.healthfinder.gov)

Developed by the U.S. Department of Health and Human Services, Healthfinder is a free guide to reliable health information. The site provides an easy-to-use, searchable index of carefully reviewed health information from over 1,500 government agencies, nonprofit organizations, and universities. The site includes:

- **Health A to Z:** an encyclopedia of over 1600 health topics from trusted sources.
- **Quick Guides to Healthy Living** includes quick guides for eating healthy, getting active, screening tests, watching your weight and quitting smoking.
- **Services Locator** for finding a doctor, health center, organization or library.
- **Health News** where you can get today's health headlines or sign up to receive e-mails on the latest health news.
- **Popular Requests:** the month's top searches for health information.
- **Personal Health Tools**, where you can use free interactive tools to check your health, receive personalized advice and track progress.
- **Spanish** language version is available.

## InteliHealth

[www.intelihealth.com](http://www.intelihealth.com)

Web site created by Aetna in partnership with Harvard Medical School. The site does include limited advertisements but they are clearly labeled. Highlights of the site:

- **Diseases and conditions**
- **Healthy Lifestyle**
- **Look It Up** includes a medical dictionary, a drug resource center, a physician locator, and health organizations.
- **Your Health** section divides health information into such topics as senior health, men's health and women's health.
- **Dental Health**
- **Interactive Tools** include illustrations, assessments (body mass index calculator, among others), tools (healthy recipes, desk exercises, "how-to" slide shows), quizzes (cholesterol, blood pressure, glaucoma, heart, etc.) and a breast self-exam video.
- **Ask the Expert:** this feature provides an avenue to ask experts questions on various topics. Transcripts of past topics are posted.
- **Health Commentaries** section written by Harvard Medical School experts on various topics.
- **Today's News** section.
- There is also an option to sign up for weekly e-mail on health or dental topics.

## Mayo Clinic

[www.mayohealth.org](http://www.mayohealth.org)

The Mayo Clinic created this web site. There is some advertising but it is minimal and strictly regulated by the Mayo Clinic. Information at this site includes:

- **Disease and Conditions:** A-Z listing plus major disease centers.
- **Symptom Checker**

- **First Aid Guide**
- **Healthy Living Centers** (including fitness, men's health, stress, working life)
- **Drug information supplied by Micromedex.**
- **Ask a Mayo Clinic Specialist** provides responses to a number of health questions and an opportunity to submit questions.
- **Slide shows and videos**
- **Sign up for weekly e-newsletter.**

## NetWellness

[www.netwellness.org](http://www.netwellness.org)

NetWellness is a non-profit consumer health web site that began in 1994. Its content is created and evaluated by medical and health professional faculty at Case Western Reserve University, Ohio State University and the University of Cincinnati. Health information and education services created and evaluated by faculty of their partner universities. Click on any of 100 health topics to find in-depth information on hundreds of diseases and wellness issues. Health professionals are also available to respond to specific questions.

- **Ask an Expert:** over 500 health professionals, including physicians, nurses, pharmacists, dentists, optometrists, dieticians and social workers will answer questions, usually within a few days.
- **Health Topics:** in-depth information on hundreds of diseases and wellness issues.
- **Health Centers** include diabetes, cancer, dental, senior health, to name a few.
- **Reference Library** includes ADAM, MedlinePlus, and a "translation" section that includes numerous patient information topics in a number of languages.
- **Sign up** for a monthly e-newsletter.
- **Home page** highlights a different health topic each month.

## NOAH: New York Online Access to Health

[www.noah-health.org/index.html](http://www.noah-health.org/index.html)

NOAH was established in 1994 by four New York City library organizations to provide a reliable consumer health web site with information in both English and **Spanish**. Librarians and health professionals in New York and beyond find, select, and organize full-text consumer health information that is current relevant, accurate and unbiased. The site is easy to navigate, very comprehensive and includes an option to change the font size of the page for easier readability under the "Advanced" search feature. The site includes the following:

- **Health topics**—a listing of content in NOAH by body area or disease.
- **Index A-Z**—scan a list of all conditions and health issues in NOAH
- **Page of the month.**

## Aging

## NIH Senior Health

<http://www.nihseniorhealth.gov>

This site was developed by the National Institute on Aging and the National Library of Medicine to provide easily accessible aging-related health information available to the health care consumer. Each health topic includes general background information, open captioned videos, quizzes and frequently asked questions. The site's senior-friendly features include large print, short, easy-to-read segments of information and simple navigation. A "talking" function reads the text aloud and special buttons to enlarge the text or turn on high contrast

make text more readable. A trainer's toolkit is also available at the site for people interested in helping seniors search for online health information.

## AIDS

### **AIDSinfo**

<http://www.aidsinfo.nih.gov>

AIDSinfo, a service of the U.S. Department of Health and Human Services, offers information on prevention, treatment and research. Information at this site includes:

- **Health Topics.**
- **Clinical Trials.**
- **Vaccines.**
- **Live Help.**
- **Fact Sheets on Drugs.**
- **Translation tool:** English to Spanish and Spanish to English.
- **Glossary of HIV/AIDS related terms.**

### **HIV InSite**

<http://hivinsite.ucsf.edu>

This site was developed in 1997 by the University of California San Francisco (UCSF), and is produced in collaboration with the San Francisco Veterans Affairs Medical Center. Information at this site includes:

- **HIV InSite Knowledge Base**, a complete textbook with extensive references.
- **Patient Fact Sheets**, divided into such broad topics as getting tested, just diagnosed, treatment decisions, and living with HIV/AIDS.
- **New and Noteworthy** section. The information provided here is from such sources as Reuters Medical News and the Associated Press.
- **Streaming media.**

## Alzheimer's Disease

### **Alzheimer's Association**

<http://www.alz.org/>

The Alzheimer's Association was founded in 1980, by family caregivers and is the largest national voluntary health organization dedicated to advancing Alzheimer's research and helping those affected by the disease. Information at this site includes:

- **Basic Information about Alzheimer's** includes causes and risk factors, warning signs, diagnosis, treatment options, statistics, and myths.
- **Local Chapters**, providing an easy search to the chapter located nearest you.
- **Clinical Trials.**
- **Message Boards**, including separate boards for people with Alzheimer's, family caregivers and friends, physicians and health care workers, and researchers.
- **Information in Spanish** as well as English.
- **Text size may be increased for easier reading.**

## **Alzheimer's Disease Education and Referral Center (ADEAR)**

<http://www.nia.nih.gov/alzheimers>

ADEAR is a service of the National Institute on Aging, one of the National Institutes of Health. Information at this site includes:

- **Alzheimer's Information Fact Sheets** includes sheets on general information, causes, diagnosis and treatment. The sheets include a "printer-friendly" format as well as an e-mail link. Many of the fact sheets can also be ordered at no cost.
- **Clinical Trials.**
- **Some Information in Spanish.**
- **E-mail alert sign-up.**
- **Information specific to caregivers.**
- **Live support/chat.**

## **Arthritis**

### **Arthritis Foundation**

<http://www.arthritis.org>

The Arthritis Foundation was founded in 1948 by a group of scientists and physicians as the Arthritis and Rheumatism Foundation. Information at this site includes:

- **Arthritis Today:** selective articles from the latest issue as well as selective articles from past issues.
- **Disease Center** that also includes information on surgery, alternative therapies and self-treatment.
- **RA Connect**, an online community for people who have rheumatoid arthritis.
- **Events and Programs** links to local offices by zip code.
- **Spanish language version** available at site.

### **National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)**

<http://www.niams.nih.gov/hi/index.htm>

NIAMS is one of the institutes of the National Institute of Health. Its mission is to support research into the causes, treatment, and prevention of arthritis and musculoskeletal and skin diseases, the training of basic and clinical scientists to carry out the research, and the dissemination of information on the research progress. Consumer health information at this site includes:

- **Health Topics** includes an A-Z listing and other information packets available from the NIAMS clearinghouse.
- **Clinical Trials** information.
- **Spanish language version available.**

## **Cancer**

### **American Cancer Society**

<http://www.cancer.org>

The American Cancer Society is a nationwide, community-based voluntary health organization dedicated to eliminating cancer as a major health problem. To date, it has invested more than \$3 billion in cancer research. The web site includes information for professionals as well as consumers. Patient health information includes the following:

- **Information on topics related to cancer**, including treatment options, a glossary, a cancer drug guide, and treatment decision tools.
- **Guide to Quitting Smoking.**
- **Clinical Trials.**
- **Support Programs and Services.**
- **Resources for Healthy Living.**
- **Asian and Pacific Islander materials.**
- **Spanish Language materials.**

### **National Cancer Institute**

<http://www.cancer.gov>

The National Cancer Institute (NCI) is a component of the National Institutes of Health (NIH), one of eight agencies that compose the Public Health Service in the Department of Health and Human Services. The NCI, established under the National Cancer Act of 1937, is the federal government's principal agency for cancer research and training. Information at the site includes:

- **Types of cancers** listed by common cancers, body location system, and cancers unique to women and children.
- **Clinical trials.**
- **Other cancer topics** such as prevention, screening and coping.
- **Cancer dictionary.**
- **Live chat.**
- **Information in Spanish.**

## **Complementary and Alternative Medicine**

### **National Center for Complementary & Alternative Medicine. National Institutes of Health.**

<http://nccam.nih.gov/health>

The National Center for Complementary and Alternative Medicine (NCCAM) is one of 27 institutes and centers that make up the National Institutes of Health (NIH) and is dedicated to exploring complementary and alternative healing practices in the context of rigorous science. There is a professional section as well as patient health education materials. The consumer health materials include:

- **What is CAM?** Learn about CAM basics and statistics on use.
- **A-Z Index of Health Topics** with certain topics featured.
- **Herbs at a Glance.**
- **How to be an Informed Consumer.**
- **Clinical Trials.**
- **Video lectures.**
- **Information in Spanish.**

The NCCAM Clearinghouse responds to inquiries in English and Spanish with live help.

## Death and Dying

### **Caring Connections**

<http://www.caringinfo.org>

Caring Connections, supported by a grant from the Robert Wood Johnson Foundation, is a program of the National Hospice and Palliative Care Organization that provides free resources and information to help people make decisions about end-of-life care. Information at this site includes:

- **State-specific Advance Directives.**
- **Finding a Hospice.**
- **Caregiving.**
- **Grief & Loss.**
- **Advance Care Planning.**
- **Financial Planning.**
- **Some brochures in Spanish and Mandarin Chinese.**

### **Hospice Foundation of America**

<http://www.hospicefoundation.org>

Hospice Foundation of America is a nonprofit organization whose mission is to assist those who cope either personally or professionally with terminal illness, death, and the process of grief. The web site includes information for professionals as well as consumers. Information included at this site:

- **Locating a Hospice.**
- **Ask an Expert.**
- **End-of-life information page.**
- **Caregivers' Corner.**
- **Hospice and Caregiving blog.**
- **Share Your Story section.**
- **Electronic newsletter.**

## Dermatology

### **American Academy of Dermatology**

<http://www.aad.org/public/>

The American Academy of Dermatology is the largest dermatology association, with a membership of over 16,000 dermatologists. Although a large portion of this site is devoted to the professional, there is a “public resources” section that includes the following:

- **Patient Education pamphlets:** over 60 with some in **Spanish**: these can be ordered free of charge.
- **Monthly electronic newsletter sign-up.**
- **A-Z Dermatology Guide.**
- **Fact Sheets.**
- **Different Subject featured regularly on the main page.**
- **Skin Exam illustrated guides.**
- **Local UV rating.**
- **Find a Dermatologist.**

## Diabetes

### **American Diabetes Association**

<http://www.diabetes.org>

The American Diabetes Association, a nonprofit health organization, was founded in 1940 to provide diabetes research, information and advocacy. Information at this site includes:

- **In Diabetes Today** section, providing several recent articles on topics concerning diabetes.
- **Recipe of the Day.**
- **Tip of the Day.**
- **All About Diabetes** section.
- **Ask an Expert.**
- **Fitness.**
- **Nutrition.**
- **Community and local events.**
- **Diabetes Research.**
- **Message boards.**
- **Information in Spanish.**

### **Joslin Diabetes Center**

<http://www.joslin.org>

Established in 1898 and affiliated with Harvard Medical School, Joslin Diabetes Center is internationally recognized for its work in the treatment and research in diabetes. Information at this site includes:

- **This Week's Living with Diabetes** includes recipes and articles for the week written by experts.
- **Electronic newsletter sign-up.**
- **Online Classes:** free online classes (*What is Diabetes?*, *Managing Blood Glucose*, *Assessing Your Diabetes Actions*, etc.) that take about 15 minutes to complete.
- **For the Newly Diagnosed** section.

### **National Institute of Diabetes and Digestive and Kidney Diseases**

*See under topic, **Kidney***

## Diet and Nutrition

### **Food and Nutrition Information Center**

<http://www.nal.usda.gov/fnic/>

The Food and Nutrition Information Center (FNIC) is a leader in on-line global nutrition information. Established in 1971, the FNIC is located at the National Agricultural Library and is part of the U.S. Dept. of Agriculture. The FNIC web site contains over 2000 links to current and reliable nutrition information. Information at the site includes:

- **Topics A-Z.**
- **Look up Calories and Nutrients in a Food.**
- **Dietary Guidelines for Americans.**

- **Browse by Subject** feature (food safety, dietary guidance, weight and obesity, etc.).
- **Consumer Corner** includes information on cooking, food storage, food facts, and meal planning. Links are available to nutrition calculators, planners, quizzes and games for adults and kids.
- **Resource Fact Sheets.**
- **Nutrition Assistance Programs.**

## **Centers for Disease Control and Prevention. Division of Nutrition, Physical Activity and Obesity**

<http://www.cdc.gov/nccdphp/dnpa/index.htm>

CDC's Division of Nutrition and Physical Activity, and Obesity takes a public health approach to address the role of nutrition and physical activity in improving the public's health and preventing and controlling chronic diseases. Information at this site includes:

- **Healthy Weight** information.
- **Nutrition** topics.
- **Physical Activity.**
- **Overweight and Obesity.**
- **BMI calculator.**
- **Electronic e-mail sign-up.**
- **Kids Section:** programs targeted to youth.

## **Disability**

### **MossRehab ResourceNet**

<http://www.mossresourcenet.org/>

MossRehab, located in Philadelphia, is a 147-bed facility and offers comprehensive care to people with a broad range of conditions, including stroke, brain injury, spinal cord dysfunction, amputation, orthopedic and musculoskeletal disabilities, and other forms of disability. It is nationally recognized for its comprehensive rehabilitation programs. The site provides access to an automatic translator, Babel Fish, which translates 19 language pairs. Consumer health information available at this site includes:

- **Disability fact sheets** on such topics as amputation, stroke, and traumatic brain injury.
- **Accessible travel:** information and resources for the disabled traveler.
- **General resources** on a number of topics including assistive technology/devices, daily living aids, exercise and specialized disability resources.
- **Americans with Disabilities Act** information.
- **Newsgroups, listservs.**
- **In the News** section.

### **National Center on Physical Activity and Disability (NCPAD)**

<http://www.ncpad.org/index.php>

NCPAD is an information center concerned with physical activity and disability. Their goal is to provide options and information to help individuals pursue an activity they think they would enjoy. Information at this site includes:

- **Disability/Condition:** practical information for pursuing an active lifestyle while living with a disability.
- **Physical Activities**—information about technologies, specific conditions, and disability.

- **Research.**
- **Health Promotion** information.
- **Your Writes:** articles written by people with disabilities, family members, and caregivers.
- **Videos** available for viewing online.
- **Organizations and Programs** searchable by state.
- **Newsletter**—current and back issues and also electronic newsletter sign-up.
- **Suppliers:** search for companies selling fitness equipment.
- **Photo Gallery:** photos for disabled people engaged in exercise and sports.

## Drug Information

### **U.S. Food and Drug Administration. Information for Consumers.**

<http://www.fda.gov/cder/info/consumer.htm>

Consumer drug information from the FDA includes:

- **Approved Drugs.**
- **Side Effects.**
- **Treatments for Medical Problems.**
- **Generic Drugs.**
- **Dietary Supplements.**
- **Drugs in the News.**
- **A-Z Index.**
- **Some materials available in Spanish.**

## Ear, Nose and Throat

### **American Academy of Audiology**

<http://www.audiology.org>.

The Academy is the largest professional organization by and for audiologists, with nearly 11,000 members. The **Consumer Education** section at this site provides information on:

- **What is and Audiologist?**
- **Finding an Audiologist.**
- **Link to** <http://www.turnittotheleft.com>, where fact sheets and information on noise-induced hearing loss can be found.

### **American Academy of Otolaryngology-Head and Neck Surgery**

<http://www.entnet.org/HealthInformation/patients.cfm>

The American Academy of Otolaryngology represents more than 12,000 otolaryngologists and is the world's largest organization representing these specialists. Although targeted to the health professional, consumer resources on this site include:

- **Patient Health Info** contains more than 100 patient information sheets on such topics as ear care, throat and mouth disorders, and sinusitis.
- **Find an Otolaryngologist.**
- **Featured health information topic.**

## **American Speech-Language-Hearing Association**

[www.asha.org/public](http://www.asha.org/public)

The American Speech-Language-Hearing Association (ASHA) is the professional, scientific, and credentialing organization for more than 130,000 members and affiliates who are The Public Health subsection links to information on:

- **Hearing and Balance.**
- **Speech, Language and Swallowing.**
- **Health Insurance.**
- **Advocacy and Outreach.**
- **Find a Professional.**
- **Some information in Spanish.**

## **Gastrointestinal**

### **American College of Gastroenterology**

<http://www.acg.gi.org/patients>

The American College of Gastroenterology was founded in 1932 to advance the scientific study and medical practice of diseases of the gastrointestinal tract. The College promotes the highest standards in medical education and is guided by its commitment to meeting the individual and collective needs of clinical GI practitioners. The Patient Information section includes:

- **Finding a Gastroenterologist.**
- **Patient FAQs.**
- **Information on GI Health and Disease:** a list of links to information on this site and related sites.
- **Spanish language materials** available.

### **American Gastroenterological Association**

<http://www.gastro.org/index.cfm>

The American Gastroenterological Association (AGA) was founded in 1897 and its members are comprised of gastroenterology physicians from throughout the world. The Patient Center can be entered from the home page. Information in the Patient Center includes:

- **Digestive Conditions.**
- **Procedures.**
- **Diet and Medication.**
- **Web Resources:** links to other sites.
- **Find a GI:** locator service.

### **National Digestive Diseases Information Clearinghouse (NDDIC)**

<http://digestive.niddk.nih.gov>

A branch of the National Institutes of Health, the NDDIC web site contains a consumer health information section that has the following information:

- **A-Z** list of topics.

- **Easy-to-read publications.**
- **Statistics.**
- **Clinical Trials.**
- **Spanish language publications.**
- **Awareness and Prevention series** contains overviews of common digestive disorders to raise awareness among people not yet diagnosed.

## Head Injury

### **Brain Injury Association of America**

<http://www.biausa.org/>

The Brain Injury Association of America was founded in 1980 with the mission of improving the quality of life of those who have sustained brain injuries. Today it encompasses a national network of more than 40 chartered state affiliates across the country. The Association acts as a clearinghouse of community service information and resources, facilitating prevention awareness, hosting educational programs, encouraging research, and participating in legislative advocacy. Information at this site includes:

- **About Brain Injury** includes A-Z listing of topics, fact sheets, FAQs, federal disability programs, and collaborating organizations.
- **State Offices** with contact information.
- **Media Releases and Events.**
- **Research.**
- **Living with Brain Injury.**
- **Electronic mailing list** sign-up.

## Heart

### **American Heart Association**

<http://www.hearhub.org/>

The mission of the American Heart Association is to reduce disability and death from cardiovascular disease and stroke. HeartHub™ is the Association's patient portal and includes the following:

- **Health Centers** on broader topics such as cholesterol, high blood pressure, stroke, cardiac rehab, etc.
- **Heart360** will allow one to create a personal account that can help track blood pressure, cholesterol and glucose numbers, physical activity, etc.
- **Video Library** that contains a number of health videos on such topics as angioplasty procedure, healthy eating, understanding cholesterol, signs and symptoms of a heart attack, etc.
- **Quick Facts** are short video clips on the latest information on cardiovascular and stroke-related information. Topics currently listed here include warfarin, portion super size, garlic, pacemakers, etc.
- **Answer from the Experts** to frequently asked questions such as warning signs of a stroke and the effects of caffeine.
- **Medical Highlights** includes the latest clinical research presentations. At the time of this posting, it included such topics as treating resistant hypertension and blood pressure goals for patients with coronary artery disease.

- **Free e-newsletter sign-up.**
- **Some information available in Spanish, Vietnamese and simplified Chinese.**

## **National Heart, Lung and Blood Institute**

<http://www.nhlbi.nih.gov/health/index.htm>

The National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health, provides leadership for a national program in diseases of the heart, blood vessels, lung, and blood. The consumer health information available at this site includes:

- **A-Z Index of diseases or conditions.**
- **Recipe collections.**
- **Broad topics on heart and vascular disease** (i.e. high blood pressure, heart attack, cholesterol).
- **Information for selected audiences** (African Americans, Latinos, Native Americans, Women, Asian Americans)
- **Health assessment tools** (10-year heart attack risk calculator, menu planner, portion distortion quiz).

## **Hepatitis**

### **CDC. Division of Viral Hepatitis**

<http://www.cdc.gov/ncidod/diseases/hepatitis/>

The Centers for Disease Control web site includes consumer health information on Hepatitis A, B, C, D and E. Information for each disease includes:

- **Frequently Asked Questions.**
- **Patient Education Resources.**
- **Related Links.**
- **News.**
- **Information in Spanish.**

### **VA National Hepatitis C Program**

<http://www.hepatitis.va.gov/vahep?page=pt-home>

Sponsored by the VA's National Hepatitis C Program, this web site is designed to be an informational and educational resource on viral hepatitis for health care providers, veterans, and the general public. The **Patient's Home page** provides basic information on viral hepatitis for patients, their families, and the general public. Included here is:

- **Basics of Hepatitis A,B, and C.**
- **Getting Tested.**
- **Frequently Asked Questions.**
- **Just Diagnosed.**
- **Tips and Tools.**
- **Living with Hepatitis C.**
- **Community and Support.**
- **Treatment Decisions.**
- **Liver Complications.**
- **Resources** (such as finding a VA Medical Center).
- **Link to My HealtheVet.**
- **Text Enlarger.**

## Homelessness

### **Homes and Communities (U.S. Dept. of Housing and Urban Development)**

<http://www.hud.gov/homeless/index.cfm>

This site, part of the web site of the U.S. Dept. of Housing and Urban Development (HUD), provides information on what help is available to the homeless through this agency as well as assistance available through other sources. Includes information on:

- **Local homeless assistance.**
- **Housing counseling.**
- **Information for homeless veterans (HUDVet).**
- **Links to information on food stamps, food bank locator, help from the VA, etc.**
- **Information available by state.**
- **Information available in Spanish.**

### **National Coalition for Homeless Veterans**

<http://www.nchv.org/>

The National Coalition for Homeless Veterans (NCHV) was founded in 1990 by a group of community-based homeless veteran service providers. Its mission is to end homelessness among veterans by shaping public policy, promoting collaboration, and building the capacity of service providers. Information at this site includes:

- **Toll-free number.**
- **Housing for homeless.**
- **Employment assistant.**
- **Hot topics.**
- **New resources.**
- **Electronic newsletter sign-up.**
- **Grant Opportunities.**

## Kidney

### **American Association of Kidney Patients**

<http://www.aakp.org/>

The American Association of Kidney Patients was founded over 30 years ago to serve the needs, interests and welfare of all kidney patients and their families. It has more than 8,000 members, including patients, family members, renal professionals and institutional members. Information at this site includes:

- **Kidney Beginnings: The Magazine**, features articles on healthy living for people with chronic kidney disease.
- **AAKP Library** provides information about specific conditions, medicine, lifestyle improvement and the latest news.
- **Educational Programs and Events.**
- **AAKP My Health** provides a way to track medications, doctor visits, laboratory test results, etc. Registration required for this free sign-up.
- **Spanish language section.**

## **National Institute of Diabetes & Digestive & Kidney Diseases**

<http://www.niddk.nih.gov>

A branch of the National Institutes of Health, the NIDDK web site contains a **Health Information** section for consumer health information and includes the following:

- **Health and Disease Topics** and includes some topics in **Spanish** as well as some easy-to-read publications.
- **Campaigns and Programs.**
- **Clinical Trials.**

## **National Kidney Foundation**

<http://www.kidney.org/>

The National Kidney Foundation is a voluntary health organization that seeks to prevent kidney and urinary tract diseases, improve the health of people affected by these diseases, and increase the availability of organs for transplantation. Information at this site includes:

- **A-Z listing of topics.**
- **"People Like Us"** –a growing movement working to help educate and empower people with chronic kidney disease.
- **Message Boards.**
- **Spanish language materials.**

## **Laboratory Tests**

### **Lab Tests Online**

<http://www.labtestsonline.org/lab/index.html>

Lab Tests Online is a public resource on clinical lab testing from laboratory professionals who do the testing. The site is peer reviewed, non-commercial and patient-centered and includes:

- **Information on more than 200 tests**, including basic as well as detailed information about the test, common questions, an opportunity to ask a question, and other related links to the site.
- **Information on over 100 diseases and conditions**, with links to related tests as well as other web links.
- **Screening tests** recommended for various age groups.
- **Understanding your tests** section.
- **In the news** section.

## **Mental Health**

### **Mental Health America**

<http://www.mentalhealthamerica.net>

Mental Health America is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. There are more than 320 affiliates nationwide. It is dedicated to promoting mental health, improving and preventing mental illness disorders through advocacy, education, research and service. Information at this site includes:

- **Health information listed by audience, issue, or diseases/disorders.**
- **MHA Affiliate directory:** a state-by-state listing of local affiliates.
- **E-mail newsletter sign-up.**
- **Operation Healthy Reunions:** information specific to the military and their families.
- **Anonymous online community.**
- **Confidential Depression Screening Test.**
- **Information in Spanish.**

## **Mental Help Net**

<http://www.mentalhelp.net/>

Mental Help Net was launched in 1995 to provide mental health information to professionals as well as laypeople. Information at this site includes:

- **Information on a number of mental health topics**, including abuse, family and relationship issues, PTSD, anger and emotions.
- **Mental Health Support Community.**
- **Electronic newsletter sign-up.**
- **Weblogs and podcasts** on a variety of mental health topics.
- **Online self-help book**, providing information on understanding the problem and the solution and applying self-help methods.
- **RSS feeds.**

## **Neurology**

### **National Institute of Neurological Disorders and Stroke**

[http://www.ninds.nih.gov/disorders/disorder\\_index.htm](http://www.ninds.nih.gov/disorders/disorder_index.htm)

Established in 1950 by the U.S. Congress, the National Institute of Neurological Disorders and Stroke (NINDS), a division of the National Institutes of Health, is the nation's leading supporter of biomedical research on disorders of the brain and nervous system. Its mission is to reduce the burden of neurological disease through basic and clinical research on the normal and diseased nervous system in an effort to better understand the diagnosis, treatment, and prevention of neurological disorders. Information at this site includes:

- **Disorders from A-Z:** and alphabetical arrangement of information about neurological disorders.
- **Clinical Trials.**
- **Stroke Awareness Video:** 8-minute video with link to ordering information.
- **Information available in Spanish.**

### **National Multiple Sclerosis Society**

[www.nationalmssociety.org](http://www.nationalmssociety.org).

The National Multiple Sclerosis Society and its network of nationwide chapters promote research, educate, advocate, and organize a wide range of programs for individuals with multiple sclerosis. Information at this site includes:

- **About MS:** current information on symptoms, diagnosis and treatment.
- **Living with MS.**
- **Online Community.**
- **News:** latest information about current research and clinical trials.
- **Multimedia Library** that includes webcasts and podcasts.

- **List of videos** available for borrowing from local chapters.
- **Find Your Chapter:** locate chapters by state or zip code.
- **Information available in Spanish.**

## **National Parkinson Foundation**

<http://www.parkinson.org/>

The National Parkinson Foundation was established in 1957 with a mission of finding the cause and cure of Parkinson's Disease. The foundation supports researchers, physicians, occupational, physical and speech therapists and psychological counseling. It also provides educational and medical information for Parkinson patients, their families, neurologists and general medical practitioners. Information at the web site includes:

- **About Parkinson Disease:** a primer on Parkinson's disease, treatment options and living with Parkinson's.
- **Discussion Corner** includes forums by a number of experts: physicians, dieticians, speech therapists and also one in **Spanish**.
- **Find Resources:** locate local chapters, outreach centers, physicians, centers of excellence, support groups, and webcasts.

## **PTSD**

### **National Center for PTSD**

[www.ncptsd.va.gov](http://www.ncptsd.va.gov)

The National Center for Post-Traumatic Stress Disorder (PTSD) was created within the Department of Veterans Affairs in 1989, in response to a Congressional mandate to address the needs of veterans with military-related PTSD. Its mission is to advance the clinical care and social welfare of veterans through research, education, and training in the science, diagnosis and treatment of PTSD and stress-related disorders. Information at this site includes:

- **PTSD Information Center** contains fact sheets and videos concerning PTSD, trauma, and related issues.
- **Information specific to Veterans and Families.**
- **Web Resource Links** of interest to veterans.
- **Electronic Mailing List Sign-Up** to receive quarterly messages concerning any new information provided at the web site.
- **PILOTS Database:** an electronic index to literature on PTSD.

## **Rare Diseases**

### **Office of Rare Diseases Research**

<http://rarediseases.info.nih.gov>

The Office of Rare Diseases Research (ORDR) was established in 1993 within the Office of the National Institutes of Health (NIH). A rare disease, also called an orphan disease, is a disease or condition affecting fewer than 200,000 persons in the United States. This web site contains information on more than 6,800 rare diseases and includes the following:

- **Rare Diseases Information** contains an A-Z listing of more than 6,800 rare diseases.

- **Genetic and Rare Diseases Information Center** includes telephone numbers and contact information for Spanish speakers.
- **Research and Clinical Trials.**
- **Patient Advocacy Groups.**
- **Patient travel and lodging information:** direct links to many charitable or special fare flights to research and treatment sites.
- **Rare Diseases News.**

*This site is targeted to the professional and the sophisticated consumer.*

## Respiratory

### **American Lung Association**

<http://www.lungusa.org/>

The American Lung Association was established in 1904 to fight tuberculosis and is the oldest voluntary health organization in the United States. Today, its mission is to prevent all forms of lung disease and to promote lung health. Information at this site includes:

- **Asthma section**, includes fact sheets, asthma medicines, peak flow meters and chart.
- **Tobacco Control** section includes fact sheets, smoking cessation resources, quit smoking action plan, nicotine replacement therapy.
- **A-Z listing of lung diseases.**
- **Air Quality** section includes press releases, fact sheets, special reports, indoor and outdoor air quality.
- **Online tutorial of the respiratory system** and how it works.
- **Information in Spanish.**

## Substance Abuse

### **National Institute on Alcohol Abuse and Alcoholism (NIAAA)**

<http://www.niaaa.nih.gov>

NIAAA is one the institutes that comprise the National Institutes of Health (NIH). Its mission is to support and conduct biomedical research on the causes, consequences, treatment and prevention of alcoholism and alcohol-related problems. **Material for both the patient/consumer and the health care professional are intermixed.** Information at this site includes:

- **Frequently asked questions.**
- **Easy-to-read publications and brochures** in English and **Spanish.**
- **Feature of the Month.**
- **News releases and advisories.**
- **Graphics gallery.**
- **Links to other alcohol-related sites.**

## **SAMHSA's National Clearinghouse for Alcohol and Drug Information**

<http://ncadi.samhsa.gov>

SAMHSA's (Substance Abuse and Mental Health Services Administration) National Clearinghouse for Alcohol and Drug Information is a component of the SAMHSA Health Information Network. **Material for the patient/consumer as well as the health care professional** can be found at this site. Consumer health information includes:

- **Drug Fact Sheets.**
- **Publications targeted to specific audiences.**
- **Videos.**
- **Information in Spanish.**

## **Surgery**

While there is not a single all-encompassing site devoted to surgical procedures that meets the criteria established for this document, the following sites have sections devoted to surgery. Depending of the site, information is provided on procedures, pre- and post-care, and general information.

### **MedlinePlus**

<http://www.nlm.nih.gov/medlineplus/tutorial.html>

*Interactive Tutorials* contains a section entitled *Surgery and Treatment Procedures* that provides multimedia presentations on a number of surgical procedures and related pre and post op care.

### **NOAH: New York Online Access to Health -- Surgery**

<http://www.noah-health.org/en/procedures/surgery/>

Part of the NOAH site. The *Surgery* section contains the following sections:

- What is Surgery?
- Care and Treatment
- Complications and Concerns – with a section entitled “Surgery and Seniors”
- Information Resources

### **Ohio State University Medical Center**

[http://medicalcenter.osu.edu/patientcare/patient\\_education](http://medicalcenter.osu.edu/patientcare/patient_education)

\*Choose *Surgery* from Health Topics

A one-to-three page clearly written black and white handout is provided here and includes some illustrations. Material is copyrighted by the Ohio State University Medical Center. Topics covered are:

- General Documents
- Cardiovascular
- Orthopedics
- Transplant
- Vascular

## Urology

### **Urology Health.Org**

<http://www.urologyhealth.org>

This patient education site is reviewed by experts in partnership with the American Urological Association Foundation. Information at the site includes:

- **Adult conditions.**
- **"From the Experts"** section contains webinars and radio spots hosted by top urologists on various urologic conditions.
- **Free Newsletter** sign-up.
- **Find a Urologist.**
- **Information in Spanish.**

### **National Kidney and Urologic Diseases Information Clearinghouse**

<http://kidney.niddk.nih.gov/>

Information at this site includes:

- **Urologic Diseases Topics.**
- **Easy-to-Read Publications.**
- **Spanish Language publications.**
- **Awareness and Preventions Series.**
- **Statistics.**
- **Order Forms** (single copies of most titles are free of charge.)

## VA Sites

These VA Sites are all available on from the VA-Internet site. The sites contain information of interest of VA programs for veterans:

### **Agent Orange**

<http://www1.va.gov/agentorange/>

### **Blind Rehabilitation Program**

<http://www1.va.gov/blindrehab/>

### **Center for Women Veterans**

<http://www1.va.gov/womenvet/>

### **Faith Based and Community Initiatives**

<http://www1.va.gov/opa/fbci/>

### **Federal Benefits for Veterans and Dependents (2008 ed.)**

<http://www1.va.gov/opa/vadocs/Fedben.pdf>

### **Geriatrics and Extended Care**

<http://www1.va.gov/geriatricsshq/>

### **Gulf War Veterans' Illnesses**

<http://www1.va.gov/gulfwar/>

### **Homeless Veterans**

<http://www1.va.gov/homeless/>

### **National Center for Post Traumatic Stress Disorder (PTSD)**

<http://www.ncptsd.va.gov/>

### **Public Health Strategic Health Care Group**

<http://vhaaidsinfo.cio.med.va.gov/default.htm>

- HIV/AIDS
- Flu
- Smoking and Tobacco

### **VA Diabetes Program**

<http://www1.va.gov/diabetes>

### **VA National Hepatitis C Program**

<http://www.hepatitis.va.gov/>

### **VA Kidney Diseases Program**

<http://www1.va.gov/kidney/>

- Dialysis Centers

### **VA National Transplant Program**

<http://www1.va.gov/transplant/>

### **VA Oncology Program**

<http://www1.va.gov/cancer/index.cfm>

### **Vet Center Readjustment Counseling Service**

<http://www.va.gov/rcs/>

### **War Related Illness and Injury Study Center**

<http://www.va.gov/wriisc-dc/default.asp>

## **Women's Health**

### **FORCE: Facing Our Risk of Cancer Empowered, Inc.**

<http://www.facingourrisk.org>

FORCE is a nonprofit organization for women at risk for breast or ovarian cancer. Its advisory board consists of physicians (in the fields of gynecologic oncology, plastic surgery, radiology, breast surgery), social workers, genetic counselors, and psychotherapists. Site includes:

- **Information** on a variety of topics including evaluating risk, researching family history, insurance issues, finding good health care, breast self-exam, diagnostic tests, breast reconstruction, and support groups.
- **Newsletter sign-up.**
- **Blog** by Executive Director.
- **Message Board.**
- **Chat Room.**
- **Support Groups.**

### **National Women's Health Information Center**

<http://www.4woman.org/>

This site is a service of the Office on Women's Health in the Department of Health and Human Services (DHHS) and provides a variety of women's health-related information in English and Spanish from federal agencies, and private sector resources. Includes:

- **Health Topics** including body image, minority health, quitting smoking, fitness and nutrition, understanding menopause, and others.
- **Today's Health News.**
- **Health Tools** (checklists, calculators, dictionaries).
- **Statistics.**
- **Health Organizations.**
- **Campaigns and Activities.**
- **Spotlight on Women's Health.**
- **Information in Spanish.**

## BIBLIOGRAPHY

The following bibliography contains two types of references:

1. Other lists of web sites that are well respected in the health field. These were used as sources of sites to review.
2. References that offer helpful hints on how to evaluate the usefulness and reliability of health related web sites.

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